



USSPEEDSKATING

USS Requirements for Coaching Certification

Level 1

The US Speedskating Level 1 coursework can be taken in an offered USS Coaching Course or as home study with a Mentor coach who will have to be a current certified USS Level 2 or higher coach. Minimum age to start is 17 years of age and can be fully certified with 18.

- *Home exam*
 - Please submit to USS
- *25 hours of coaching*
 - Count starts after processing of your Level 1 application by USS
 - Please submit verification form
- *10 lessons plans*
 - Please submit to USS
- [Concussion Awareness Course](#)
 - This course is free of charge, time commitment approx. 10-30 min
 - Please submit certification
- [ASEP sports safety course](#) or a hands-on First Aid/AED class with Red Cross, American Heart Saver Association, Fire Department
 - Will have to be renewed every two years
 - Please submit current certification
- *In-class CPR Certification*
 - Hybrid-classes are accepted as well. Coursework is also offered as combination CPR and First Aid/AED
 - Will have to be renewed every two years
 - Please submit current certification
- *Attend a competition at least as assistant coach*
 - Please have verification form signed by meet director
 - Please submit verification form
- *Signed ethics agreement returned to USS*
 - Full version to be found [here](#)
- [Background check](#), use USS self-registration # 82331291
- [U.S. Center for SafeSport Training Course](#)
 - Please enter the following access code when prompted. This access code is case-sensitive: V256-LF4Y-72G4-H57V.
 - This course is free of charge, time commitment approx. 90 min, can be completed in multiple sessions.
 - Please submit only the final "SafeSport Certified" certificate to US Speedskating, awarded upon completion of all three courses. The certificates awarded at the end of each course are not needed.
 - Will have to be renewed every two years
- Upon timely submission of all documentation US Speedskating will issue a current coaching license.

Level one must be completed within one year of application.

Level 2

The US Speedskating Level 2 coursework can be taken in an offered USS Coaching Course or as home study with a Mentor coach who will have to be a current certified USS Level 2 or higher coach.

- *Home exam*
 - Please submit to USS
- *75 hours of coaching*
 - Count starts after processing of your Level 2 application by USS
 - Please submit verification form
- *10 lessons plans*
 - Please submit to USS
- *[ASEP sports safety course](#) or a hands-on First Aid/AED class with Red Cross, American Heart Saver Association, Fire Department*
 - Will have to be renewed every two years
 - Please submit current certification
- *In-class CPR Certification*
 - Hybrid-classes are accepted as well. Coursework is also offered as combination CPR and First Aid/AED
 - Will have to be renewed every two years
 - Please submit current certification
- *Camp attendance (two or more days) with a current USS certified coach in attendance*
 - Please submit verification
- *Coach 2 competitions*
 - Please have verification form signed by meet director
 - Please submit verification form
- *Signed ethics agreement returned to USS*
 - Full version to be found [here](#)
- *[Background check](#), use USS self-registration # 82331291*
- *[U.S. Center for SafeSport Training Course](#) (or Refresher Course)*
 - Please enter the following access code when prompted. This access code is case-sensitive: V256-LF4Y-72G4-H57V.
 - This course is free of charge, time commitment approx. 90 min, can be completed in multiple sessions.
 - Please submit only the final "SafeSport Certified" certificate to US Speedskating, awarded upon completion of all three courses. The certificates awarded at the end of each course are not needed.
 - Will have to be renewed every two years
- Upon timely submission of all documentation US Speedskating will issue a current coaching license.

Level 2 must be completed within two years of application.

Level 3

This course is only offered as seminar style course. Partaking in the complete seminar is mandatory to be considered for certification. Seminars are usually offered on a two year cycle unless demand exceeds availability.

- Mandatory seminar
- Practical one year
 - Count starts after completion of seminar
- Submit comprehensive one year training plan, including periodization, training load, monitoring tools for progression and explanation
- [ASEP sports safety course](#) or a hands-on First Aid/AED class with Red Cross, American Heart Saver Association, Fire Department
 - Will have to be renewed every two years
 - Please submit current certification
- *In-class CPR Certification*
 - Hybrid-classes are accepted as well. Coursework is also offered as combination CPR and First Aid/AED
 - Will have to be renewed every two years
 - Please submit current certification
- *Practical evaluation completed*
 - Please send verification to USS
- *Coach 4 competitions*
 - Please send verification to USS
- *Camp attendance (two or more days) with a current USS certified coach in attendance*
 - Please submit verification
- *Weight training evaluation by a certified strength and conditioning coach*
 - Please send verification to USS
- [Background check](#), use USS self-registration # 82331291
- [U.S. Center for SafeSport Training Course](#) (or Refresher Course)
 - Please enter the following access code when prompted. This access code is case-sensitive: V256-LF4Y-72G4-H57V.
 - This course is free of charge, time commitment approx. 90 min, can be completed in multiple sessions.
 - Please submit only the final "SafeSport Certified" certificate to US Speedskating, awarded upon completion of all three courses. The certificates awarded at the end of each course are not needed.
 - Will have to be renewed every two years
- *Signed ethics agreement returned to USS*
 - Full version to be found [here](#)
- *Conduct and organize a level 1 or level 2 coaching course*
 - Please submit information to USS
- Upon timely submission of all documentation US Speedskating will issue a current coaching license.

All Level 3 documents must be submitted within the two year time frame to be considered.

All coaching licenses are valid for up to 3 years and expire in the respective year on 6/30. To renew/extend an existing coaching license please complete a CE credit through the [Gatorade Science](#) website, submit proof of other continued education (i.e. university coursework, sports performance seminar), take part in a USS coaching clinic as presenter or move up to the next coaching level.